



Exploring Medication Non-Adherence Among Patients with Diabetes Mellitus

Nor Fadhilah Abdullah¹, Cheong Ai Theng², Siti Noor Khairina Sowtali³, Lee Khuan¹

¹Department of Nursing and Rehabilitation, Faculty of Health and Sciences, Universiti Putra Malaysia, Serdang, Selangor, Malaysia.

²Department of Family Medicine, Faculty of Health and Sciences, Universiti Putra Malaysia, Serdang, Selangor, Malaysia

³Department of Professional Nursing Studies, Kulliyyah of Nursing, International Islamic University Malaysia, Jalan Hospital Campus, 25100 Kuantan, Pahang, Malaysia

Email: leekhuan@upm.edu.my

Abstract

The prevalence of diabetes mellitus (DM) is steadily increasing worldwide, with a significant DM population in Asian countries. Adherence towards medications is important for achieving good glycaemic control among patients with DM. Thus, patient medication non-adherence problem should be identified to optimise DM management. This study assessed medication adherence among patients with type 2 diabetes and explored reasons of non-adherence. An explanatory sequential of mixed method was used. The first phase was a cross-sectional study using Medication Compliance Questionnaire (MCQ) to identify non-adherence patient. The second phase followed by semi-structured interviews among 12 purposely selected non-adherence patients. The study was done at two public hospitals at West Malaysia. 399 patients participated in the first phase of the study and 46.6% of the patients were non-adherence. Factors of non-adherence were associated with Malay race (OR 1.66, 95% CI (1.09, 2.51), being single (OR 1.79, 95% CI (1.05, 3.05) and has poor HbA1c reading (OR 2.57, 95% CI (1.61, 4.10). The reason of non-adherence were concern about medication safety and efficacy, the used of complementary and alternative medicine, poor healthcare providers-patient communication, lifestyle restraint, and emotional vulnerability in taking medication. Non adherence issues from the diabetes patient perspective is needed to consider in tackling non-adherence. A patient-centered nursing intervention on non-adherence should be encouraged to improve adherence and maximize patient health outcomes.

Keywords: medication adherence, mixed-method, diabetes mellitus



- Puteri Nurhidayah Ismail, Nur Aimuni Zulkiflee, Nurul Farah Dalila Mohd Asmadi, Roswati Nordin, Mohd. Bakri Jali
- 9. Characteristic Description of Constipation in Stroke Patients** 128
Maria Valentina Sibarani, Rahmi Ulfah, Esi Afriyanti
- 10. Exploring Medication Non-Adherence Among Patients With Diabetes Mellitus** 129
Nor Fadhilah Abdullah, Cheong Ai Theng, Siti Noo Khairina Sowtali, Lee Khuan
- 11. The Influence of Semi Fowler Position on the Change of Respiratory Frequency In Pulmonary Tuberculosis Patients In Non-Surgical Inpatient Room Padang Pariaman Hospital Year 2017** 130
Maidawilis, Yesi Maifita, Hasmita
- 12. The Effect of Workplace Stretching Exercise (WSE) and Heat Therapy (Hot Pack) in Musculoskeletal Disorders of Nurses in Public Hospital Dr. M. Jamil Padang** 131
Eko Syafrianto, Pramana K.H., Zulfa
- 13. Factor analysis of Social Determinants of Mental Health Related to the Level of Anxiety in Elderly with in Sijunjung Regency in 2019** 132
Herlin Silvana, Defriman Djafri, Renidayati
- 14. Analysis of Factors Associated with Compliance with Taking Medicines People with Schizophrenia in Puskesmas Sungai Sarik Kab. Padang Pariaman in Year of 2017** 133
Vivi Yuderna, Achir Yani, Renidayati
- 15. Relationship of Smartphone Addiction With Psychosocial Disorders in Adolescents at The Middle School Kota Sungai Penuh Tahun 2019** 134
Edi Efiar, Rizanda Machmud, Mahathir
- 16. The Role of Family Supports in Improving Self-Care Activities Among Diabetes Mellitus Patients** 135
Hidayatul Rahmi, Hema Malini, Emil Huriani